



TOWN OF NORWOOD BOARD OF HEALTH

Commonwealth of Massachusetts



Public Health
Prevent. Promote. Protect.

REQUIRED FIRST AID KIT CONTENTS

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| 35 - 1" Band-Aids | 1 - Scissors |
| 10 - 3" x 3" Sterile Gauze Pads | 1 - Tweezers |
| 2 - 5" x 5" Surgipads | 1 - Rescue Blanket |
| 1 - 8" x 10" Surgipad | 12 - Antiseptic Wipes |
| 2 - 2" Soft Roller Bandages | 2 - Disposable Instant Ice Packs |
| 2 - 3" Soft Roller Bandages | 1 - Sterile Isotonic Buffered Eye Wash (check expiration date) |
| 1 - 1/2" Roll of Hypoallergenic Tape | 2 - Pairs Latex Gloves (One Size Fits All) |
| 1 - Triangular Bandage | 1 - Micro Shield or Pocket Mask with One-Way Valve |

REQUIRED SIGNS:

Signs Should Read Substantially As Follows:

- 1) "All persons are required to take a cleansing shower before entering pool."
- 2) "No person with a communicable disease is allowed to use the pool."
- 3) For Special Purpose Pools.
 - a) "Do not use when alone."
 - b) "Do not use while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, stimulants, hypnotics, narcotics or tranquilizers."
 - c) "Elderly persons, pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure should not use this pool until they consult with their physician."
 - d) "Do not use this pool when the water temperature is greater than 104°F."
 - e) "Observe a reasonable time limit (e.g. ten minutes), then shower, cool down and if you wish, return for another brief stay. Long exposure may result in nausea, dizziness or fainting."
 - f) "The use of oils and body lotion by bathers is prohibited."
- 4) For special purpose pools, the emergency switch must be prominently marked "EMERGENCY SHUT-OFF SWITCH."
- 5) For pools where diving is prohibited: "NO DIVING ALLOWED."
- 6) Optional, but strongly recommended "POOL REGULATIONS" (See 105 CMR 435.22(2))
- 7) Any other sign as so required by the Health Department.